

CENTRE FOR YOGA CONDUCTED PROGRAM FROM 2022-2024

Event Name: Yoga orientation program conducted for the occasion of SRM Wellness Centre inauguration on 14 February 2022 at Wellness Centre, University Building, SRMIST.e

Event Photos:



Event Name: Yoga Awareness Program conducted for Dental Students of SRMIST on March 2022 at Dental Hospital, Auditorium, SRM.

Event Photos:



Event Name: 8th International Day of Yoga on 20th June 2022 at Aerospace Hanger, Main Campus, CET, SRMIST

Centre for Yoga celebrated International Day of Yoga on 20th June 2022 by organizing an award-giving ceremony to students who had excelled in yoga competition. The yoga competition was held in the month of June among B.Tech students from various department. The Chief guest of the program was Dr. U. Srikumar is a retd. Principal of Shri Paranjothi Yoga College, Udumalpet, and Director of Gomukeswara Institutions of Yoga and Naturopathy, Professor of Yoga at Vedic Wellness University, Florida (USA).

Prof. Dr.T.V. Gopal, the Dean of College of Engineering and Technology is our presiding guest. He has held several distinguished position in SRMIST. Other guest for the program was Dr. R. Mohana Krishnan is the Director of Sports Department of Physical Education & Sports Science, Department of Yoga, (SRMIST) & Dr. Jayakanthan of Phsiotherapy Department of SRMIST & Dr. Thirumurugan Associate Director of Campus life of SRMIST.

Students of B.Tech, gave a remarkable yoga demonstration. In the prize-giving part of the ceremony, the selected winner students received gold, silver, and bronze medals for their excellence in yoga.

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INVITATION AND PHOTOS





Event Name: 8th International Day of Yoga, 2022 was Conducted on 21 June 2022 at Raj Bhavan, Chennai.

Event Photos:



Event Name: Center for yoga conducted yoga sessions with the request from chief innovation officer (IIEC) for the special event Smart India Hackathon which is Scheduled from 25 August 2022 to 29th August 2022 at Fab Lab near to the Clock Tower) in association with the Ministry of Education.

Event Photos:



Event Name: Yoga orientation program conducted for the students of SRM Wellness Centre with vendhar tv.on September 2022 at Wellness Centre, University Building, SRMIST.

Event Photos:



Event Name: Yoga orientation and quiz conducted for the occasion of World Optometry Day celebrated on 6 April 2023 at Medical College, Auditorium, SRM.

Event Photos:



Event Name: TAMIZHUM YOGAMUM

Centre for yoga, College of Engineering and Technology, conducted a webinar titled ‘Tamizhum Yogamum’ with Tamizh Perayam on June 15, 2023

(Thursday) to commemorate International Day of Yoga. More than 67 students participated through Online. The programme began

at 9.30 am and ended at 12 pm. The three speakers who presented their talk are as follows:

1. Dr R. Elangovan, Professor, Former register i/c of Tamil Nadu Physical Education and Sports University
2. Dr S. Selvalakshmi, Associate Professor, Tamil Nadu Physical Education and Sports University
3. Dr K. Perumal, Professor, Director WCSE-Vision SKY Research Centre, Temple of Consciousness, Azhiyar, Pollachi

INVITATION AND PHOTOS

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Event Name:International Day of Yoga on 19th June 2023
at Vivekananda Hall, Centre for Yoga, Hi-Tech Building, CET,
SRMIST.

Centre for Yoga celebrated International Day of Yoga on 19th June 2023 by organizing an award-giving ceremony to students who had excelled in yoga competition. The yoga competition was held in the month of June among BTech, Bachelors in Physiotherapy, Bachelors in Occupational Therapy, Nursing, and CRMI students. The chief guest of the program was Mr Ramesh Sethuraman, Senior Director of HCL Technologies. Other guests for the program were Dr Jayakanthan, Physiotherapist, SRMIST; Dr Thirumurugan, Associate Director of Campus life, SRMIST and Mr Siva Keerthi, Educational Consultant. Around 150 students of BTech, Bachelors in Physiotherapy, Bachelors in Occupational Therapy, Nursing, and CRMI participated in the program and gave a common yoga demonstration. Selected students of BTech and CRMI gave a special yoga demonstration as well. In the prize-giving part of the ceremony, 44 students received gold, silver, and bronze medals for their excellence in yoga.

INVITATION AND PHOTOS




Invitation

SRM Institute of Science and Technology
College of Engineering and Technology
 Kattankulathur, Chengalpattu Dist., Tamil Nadu-603203

Centre for Yoga - CET

Cordially invites you for Yoga Competition
 & Award-Giving Function on the

9th INTERNATIONAL DAY OF YOGA - 2023



Yoga for Harmony & Peace

Guest
Prof. Dr. T.V. GOPAL Ph. D.
 Dean, College of Engineering and Technology,
 SRM Institute of Science and Technology, Kattankulathur

Guest Speaker
Ramesh Sethuraman (RSR)
 Senior Director, HCL Technologies

Date: 19 June 2023 | **Time:** 09.30 a.m.

Venue: Room No-603, High-Tech building, SRM Main Campus












PROGRAMME

09.30 a.m. – 09.35 a.m.	Prayer & Welcome Address
09.35 a.m. – 09.40 a.m.	About IYD'23
09.40 a.m. – 09.50 a.m.	Presidential Address Prof. Dr. T.V. GOPAL Dean, CET (SRMIST)
09.50 a.m. – 10.05 a.m.	Guest Speaker RAMESH SETHURAMAN (RSR) Senior Director, HCL Technologies
10.05 a.m. – 10.10 a.m.	Felicitation of Guests





Event Name: Yoga competition conducted for the students of SRM, Ramapuram on 30 th August 2023 at Auditorium, SRM Ramapuram

Event Proceedings: <https://youtu.be/1-zn-z-v0p4?feature=shared>

Event Photos:



Event Name: CFY co-ordinates the Yoga program for Government school children conducted by Career Development Centre on 4 November 2023 at Medical College, Auditorium, SRM.

Event Photos:



Event name: Work shop (AYUSH supported) for SRMIST engineering students co-hosted with Kaivalyadhama, Lonavala On 5th March 2024, Bharat Yoga Mala Program was conducted by Centre for Yoga and Kaivalyadhama Yoga Institute, Lonavala for CET students. The venue was Vivekananda Hall, Centre for Yoga, Hi-Tech Building, CET, SRMIST Ms Divya Bharati was the presenter of the sessions. In the morning, about 200 BTech students participated and benefitted from the program. The guests of this session was Dr AM Moorthy (Sree Balaji Medical College & Hospital, Chennai) and Dr V Thirumurugan (Campus Life Director, SRMIST)









On 5th March 2024, Bharat Yoga Mala Program was conducted by Centre for Yoga and Kaivalyadhama Yoga Institute, Lonavala for medical students. The venue was Medical College Auditorium, SRMIST. Ms Divya Bharati was the presenter of the sessions. In this session, about 200 BPt, BOT and Nursing students participated. The chief guest was Dr Nitin M Nagarkar (Dean, Medical).



